

# Klah-Che-Min

ʔacacihlaltbixʷ gʷəł tə xʷəlc̣ə yəxʷ ti stultuləkʷ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

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DECEMBER 2004

COMPLIMENTARY

See Pages 20 - 22 for lots of Halloween Fun



**November 11th,  
Veterans Day,  
was also Salmon Day  
at Squaxin Island.  
See Pages 6, 7 & 8 for  
more fun pictures.**

## Mark your Calendars

### *General Body Meeting*

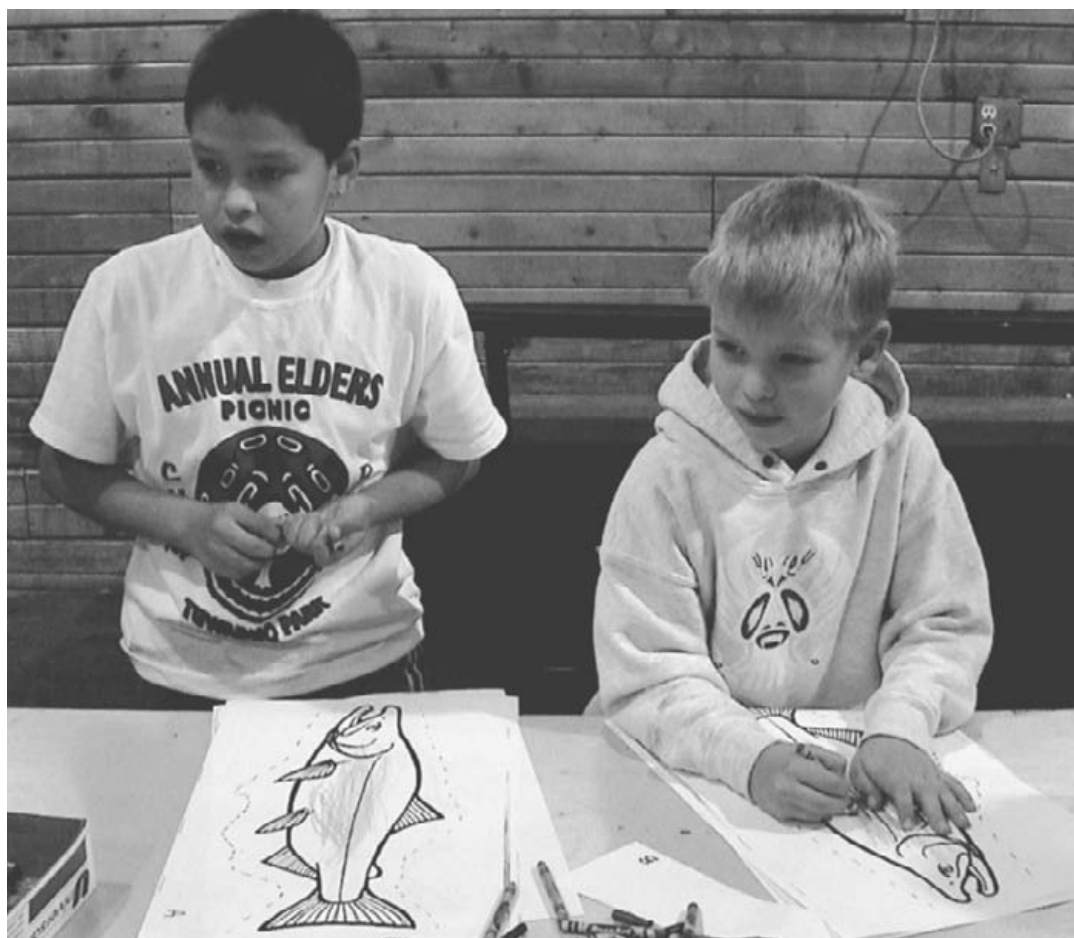
December 4th at 1:00 p.m.

Administration Building

Per Capita will be handed out at this same time

### *Do you have a favorite chili recipe?*

Tribal Council invites you to bring your favorite pot of chili for a chili cook-off at the General Body Meeting \$100 cash prize!!!



## SQUAXIN ISLAND TRIBE

10 S.E. Squaxin Lane  
Shelton, WA 98584

*People of the Water*

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## KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
FAX: (360) 426-6577

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

*Contributing writers and artists include Squaxin Island community members & staff.*

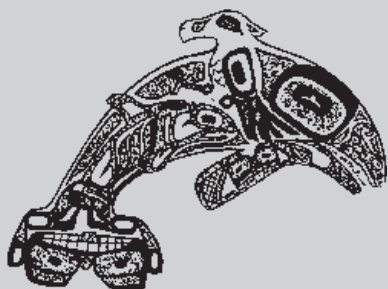
**Submissions Deadline:**  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVID LOPEMAN: *Chairman*  
ANDY WHITENER: *Vice Chairman*  
VINCE HENRY: *Secretary*  
PATTI PUHN: *Treasurer*  
PAULA HENRY: *First Council Member*  
ROY PEREZ: *Second Council Member*  
CHARLENE KRISE: *Third Council Member*

### Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.nsn.us](mailto:thenderson@squaxin.nsn.us)



# COMMUNITY



## Second Annual Gathering of Northwest Native Wood Carvers May 20 - 21, 2005

The Evergreen State College House of Welcome - The first gathering of Northwest native carvers held in 2003 brought together a variety of carvers to discuss issues such as access to resources, intellectual property rights and tool making.

The second gathering will follow the model from the previous gathering. Carvers will spend Friday engaged in discussions and workshops with other carvers. Saturday will be open to the public.

A select group of featured carvers will provide carving demonstrations and lectures about their work. Many of the carvers also participate in tribal drum and dance groups and this aspect of their work will be featured as well.

### Cultural Practices

Donna Penn - Cultural practices vary from family to family. Dance and song have always been an important way for native people to communicate, tell stories and pass down cultural information to the next generation. This was the way most of our ancestors received the stories of their elders before written language. Song, dances and stories are owned by specific families or individuals, meaning that they can only be performed by members of that family. At potlatches these songs are performed by the families to reaffirm ownership and identify family members which have the right to sing them. The songs are used at weddings, naming ceremonies, memorials and other family or community celebrations. Today we still cling to our heritage, teachings, language, drum practice and canoe journeys.



*Bob Whitener and  
SPSCC Professor  
Dale Croes*

*Alene Whitener and SPSCC Professor Dale Croes*



### History in the Making

Help your tribal elders and SPSCC Anthropology students make a re-creation of the cedar net discovered at Mud Bay to be on display at the MLRC. Your help is needed. Please come to the Elders building in Rhonda Foster's old office Mondays at 1:00 p.m. after senior lunch. Cedar is also needed. If you have some you would like to donate, please bring it in. It will be greatly appreciated!







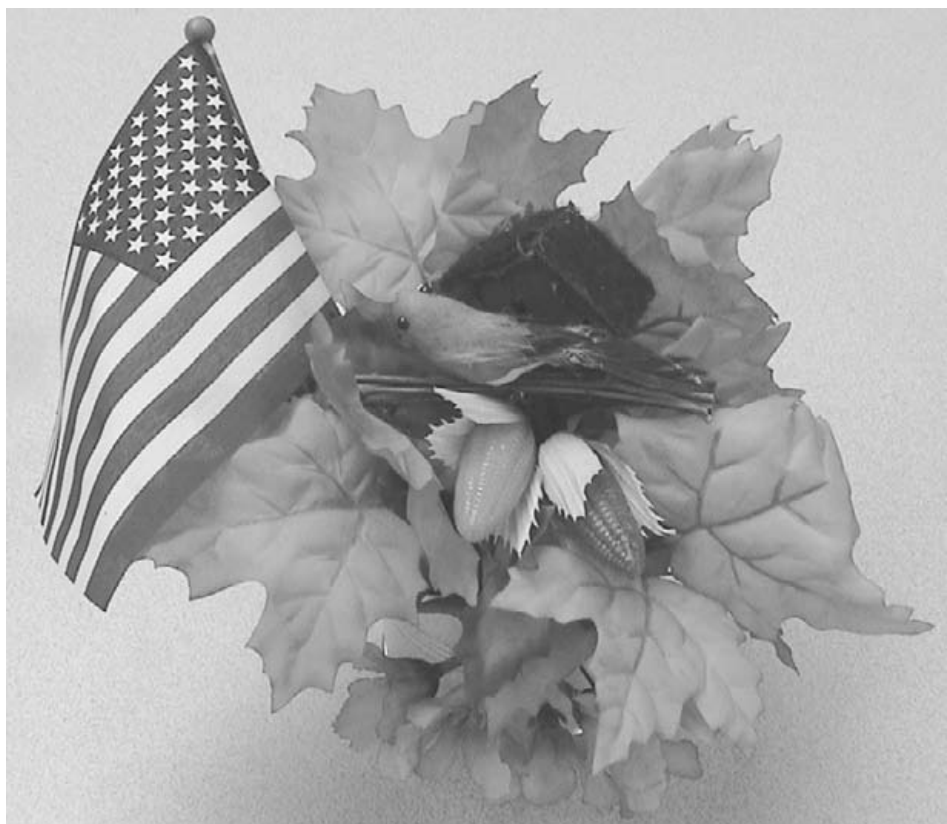
## Tribal Veterans Exhibit Planned for the MLRC

"Brave Warriors, Squaxin Island Tribal Veterans" is the title of a new exhibit planned for the Squaxin Island Museum Library and Research Center.

"We want to honor our tribal veterans," MLRC Director Charlene Krise said.

Anyone wanting to donate memorabilia or historic photos is encouraged to do so by contacting Charlene at 432-3851.

The exhibit will run through August, 2005.



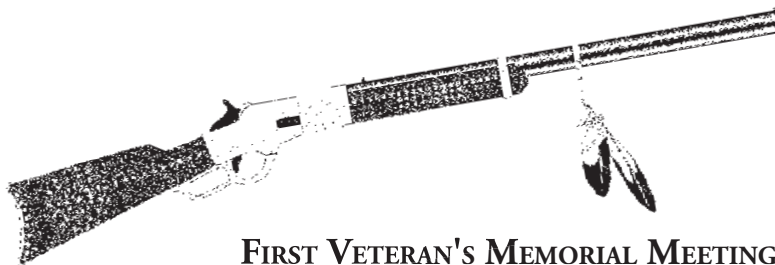
Veterans Were Honored during a celebration at Senior Lunch on November 11th. Below, Connie Whitener and Donna Penn read the names of veterans.



## Veterans Wanted!!!

A Veterans Committee is being formed to assist the Tribe in building a veterans memorial with flag poles. The first meeting was held on Monday, October 25th before the Elders' lunch. The Planning Department would like input from veterans to finish the memorial and address other veterans-oriented projects. The first meeting focused on establishing the Veterans Committee and developing guidelines for meeting format, meeting schedule, leadership, communication, quorum, advisory decision-making, membership, and project management. Updates will be provided in future articles.

For more information, contact Brian Thompson at 432-3907 or Lynn Scroggins at 432-3952.



FIRST VETERAN'S MEMORIAL MEETING  
*October 25, 2004*





## NEW EMPLOYEES



**Lil Kruger**



*Executive Office Records  
Management Specialist*

**Mike Henderson**



*Computer Geek  
Hardware Specialist*

**Jennifer Whitener**



*Island Enterprises, Inc  
Marketing Rep*

**Jennifer Evans**



*Island Enterprises, Inc  
Office Assistant*

Hello, my name is Lillie Kruger. I have been hired as the temporary Records Management Specialist for the Executive Office.

I am so very honored and excited to be working for the Squaxin Island Tribe. I share an office with Brooks Farrell and would love for you to stop by any time and say hi. I'm looking forward to meeting all of you.

I'm married to Pete Kruger Sr. whome most of you already know. He keeps me busy wrapping moose, deer, fish and anything else he might bring home. I spend a lot of time in the kitchen because Pete loves to eat.

In my spare time I enjoy makng baskets and working in my flowers.

Hello, I have recently changed jobs within the Tribe. After working for years in Natural Resources, I finally got the opportunity to do what I really love, which is working with computers! So I transferred over to the DIS department in October of this year and have enjoyed every minute of it! I want to thank everybody that has helped me along the way! THANK YOU!

Hello, I am the new marketing representative for Skookum Creek Tobacco and the Kamilche Trading Post. I have been in this position for a couple months and I am really enjoying marketing Complete, it is a challenge to learn about cigarette industry but I enjoy a good challenge! I have a Bachelors degree in Business and Marketing and before I took this position with Skookum Creek I completed an internship with J. Walter Thompson, a marketing and public relations firm in Seattle. Outside of work I enjoy hanging out with my boyfriend Mike, who works for TGA, and I like to go to the movies and just relax.

Hello, my name is Jennifer Evans. Most people call me Jen or Jenni. I am the new Office Assistant here at Island Enterprise so you will actually "get a voice" when calling. I previously worked for an investment company and then I had a baby. I have three boys ages 16, 14 and 22 months. The youngest is enrolled in the Squaxin Child Development Center. You all probably know my sister, Katrina Story, who recently transferred to our Legal Department. My hopes are to get to know my family connections here with the Tribe so I can embrace my culture. Please come down to say "hi."



### Narcotics Tips Line

Any illegal drug information (on or off-reservation) can be reported without leaving your name. Simply call the number below and leave detailed information regarding the activity.

**432-3898**





## Final Fiscal Year 2005 Budget

Executive	\$13,435,213
Legal	751,119
Finance	959,763
Human Resources	470,166
Planning	499,832
Information Services	503,552
Community Development	5,544,219
Natural Resources	2,770,244
Public Safety and Justice	1,252,017
Health and Human Services	3,465,097
Northwest Indian Treatment Center	3,084,613
Cultural Resources	252,414
Tu Ha' Buts Learning Center	919,276
Museum Library and Research Center	471,236

TOTAL \$34,378,761

## By Comparison

*Fiscal Year 1995 Budget (10 years ago)*  
\$6,574,490

## We've Come A Long Way Check Out the first ever tribal budget from 1965 (below)

## Crafts or Seafood Products You Would Like to Sell?

Island Enterprises Inc. would like to set up a market for you during the holidays at the KTP. If you are interested, contact Jennifer Whitener at 432-0231 or Ron Myers at 426-5254.



## Tribal Council Resolutions

04-68: Approves the change in the Squaxin Island Housing and Utilities policies that states all elders occupying rental units will not pay more than \$70 per month

04-69: Authorizes submission of a grant application for \$60,000 to the National Center on Substance Abuse and Child Welfare (NCSACW) for in-depth technical assistance that will assist the Tribe in improving outcomes for families with substance abuse disorders in the Child Welfare and Family Court systems

04-70: Enrolls Michaila Riker

04-71: Enrolls Kaleb O'Bryan

04-72: Enrolls David Josiah Seymour

04-73: Enrolls Ashley Mariah Smith

04-74: Enrolls James Giles

04-75: Enrolls Eden VanCleave, Zachariah Mirka and Alexandra Mirka

04-76: Enrolls Sara Naranjo-Johns

04-77: Enrolls Richard Piersol

04-78: Enrolls Emily Baxter

04-79: Enrolls Nyla King

04-80: Enrolls Loretta Krise

04-81: Enrolls Daniel Johnston

04-82: Enrolls Dominique McFarlane

04-83: Enrolls Sable Mason

04-84: Enrolls Alicia Boyette

04-85: Enrolls Mary Mason, Bobby Lewis-Filipetti, Lawanna Sanchez and Jason West

04-86: Enrolls Roxsanne White

04-87: Enrolls Kimberly Peterson

04-88: Enrolls Colby Smith

04-89: Enrolls Stuart Mowitch

04-90: Enrolls Sam Luby and Clara Seymour-Luby

04-91: Enrolls Carol Tadios

04-92: Enrolls Lucille Quilt

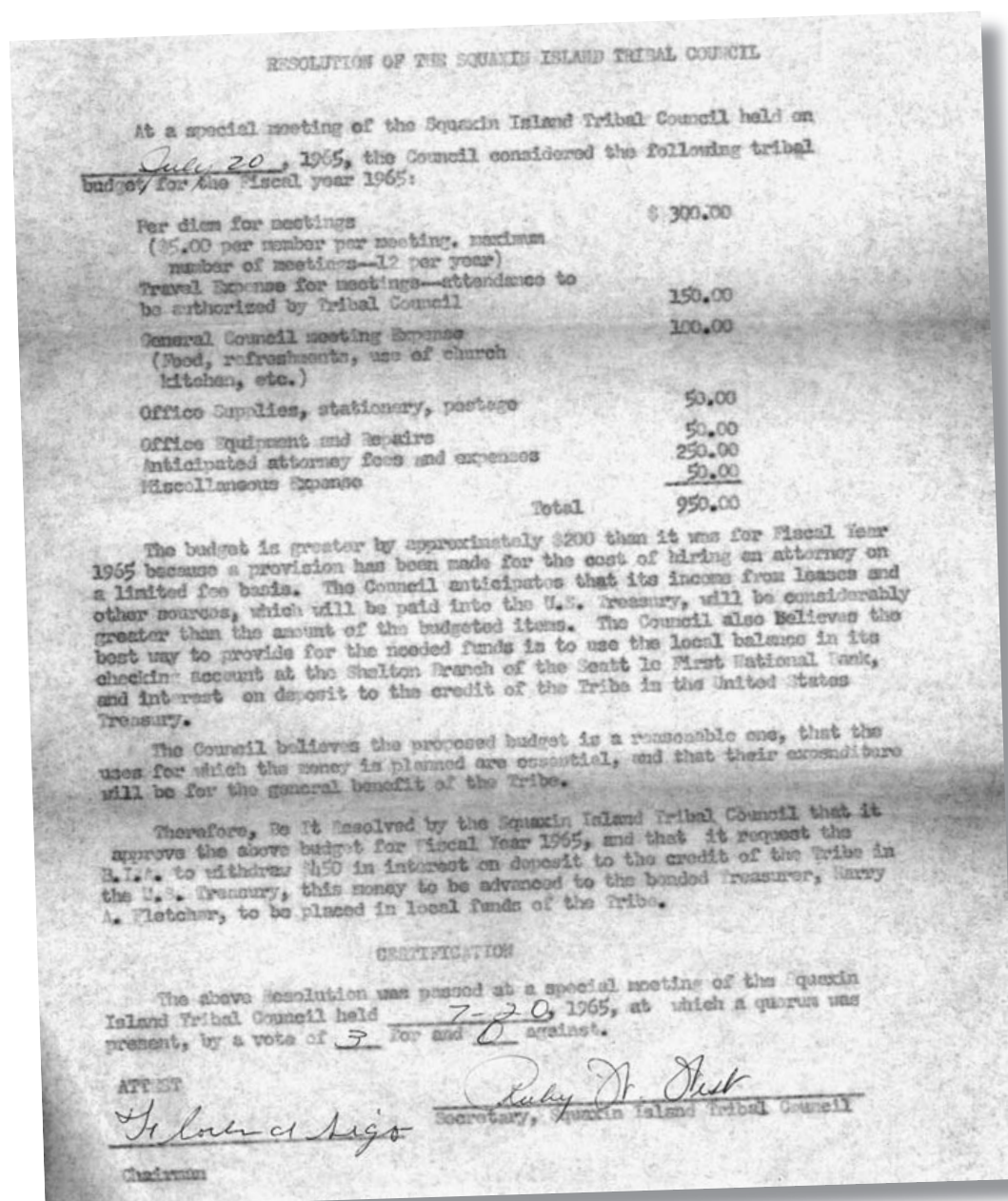
04-93: Enrolls Lucille Hause

04-94: Enrolls Kezia Reeves

04-95: Enrolls Emma Valle

04-96: Enrolls Elizabeth Heredia and Juan Araiza

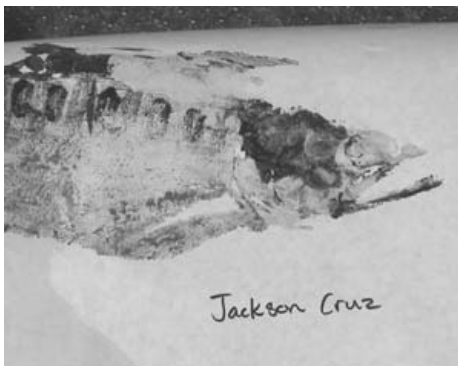
04-97: Agrees to sign the Cigarette Tax Compact between the Tribe and the State of Washington







# SALMON DAY







# SALMON DAY





The Squaxin Island Health Clinic now offers extended hours. A walk-in clinic is now open every Monday and Tuesday evening from 5:00 p.m. to 7:00 p.m. for Tribal members only. There is no need to call and make an appointment; just walk in and you will be seen on a first come, first serve basis.

Submitted by Patty Suskin, Diabetes Coordinator, courtesy of the American Institute of Cancer Research - To lighten up your family's holiday table this year, here are some ways to sneak healthier ingredients into your cooking and help lower their cancer risk.

Holiday meals don't have to be heavy and fat-filled. Try these simple secrets for cutting fat and adding more nutrition. Your friends and family won't notice a difference in taste - but they may notice a difference in their waistlines.

**Soups.** When making cream soups, substitute an equal amount of evaporated skim milk for cream. To thicken soups, add partially mashed canned beans or a potato that has been grated and microwaved first for five minutes to soften.

**Dips.** For lighter dips, use half plain yogurt and half lowfat or fat-free sour cream or mayonnaise, then flavor with herbs and tomato paste, pureed spinach or other ingredients. You can make a tasty but light guacamole if you mash together avocado, drained, canned asparagus spears, minced garlic, fresh cilantro and fresh lime juice. To thicken, mash in 1/2 cup canned white beans.

**Sauces.** Instead of high-fat sauces or gravies for meat and poultry, make simple fruit chutneys by simmering fruit - such as mandarin oranges, diced apples or pears - with minced onion, sugar, vinegar and raisins.

**Stuffing.** For a nutritious lowfat stuffing, use whole wheat bread cubes, dried cranberries, chopped and sauteed onion and celery. Season with dried parsley and sage, then toss with hot fat-free, reduced sodium broth until moistened

but not wet. Mix in chopped walnuts and freshly ground black pepper to taste. In a shallow pan lightly coated with olive or canola oil spray and covered with aluminum foil bake at 325 degrees for ten minutes per cup of stuffing.

**Baked goods.** To lighten baked goods like cakes, quick breads and muffins, substitute applesauce for half the fat. Prune puree works well in chocolate items, like cookies or lowfat brownies; you can also blend prune puree with cocoa instead of using higher fat chocolate. When a recipe calls for chocolate chips, use mini chips and use half the amount and make up the difference with minced dried fruit bits or sweetened dried cranberries.

In dessert recipes calling for sweetened condensed milk, use the fat-free version. Instead of icing cakes with frosting, dust them with powdered sugar, shaved dark chocolate or a combination of both. Top them with sliced fruit and berries, such as a colorful combination of strawberries, blackberries, raspberries and sliced kiwis.

To boost nutrients in cakes, cookies and breads, replace half the amount of all purpose flour with whole wheat pastry flour.

**Diabetes  
Support Group**

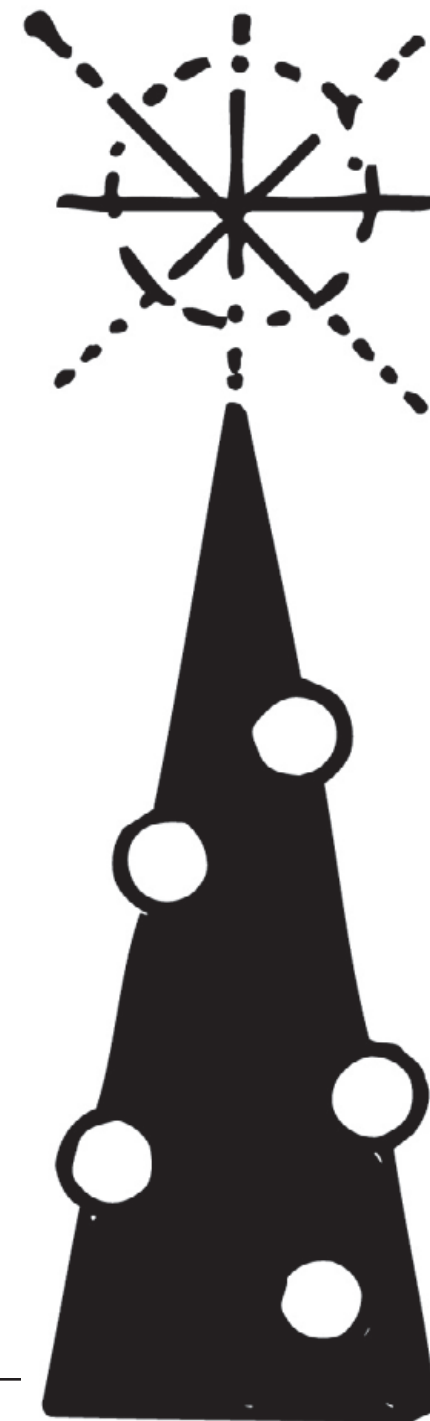
Walk from 12:45 to 1 pm ; Talk from 1 pm to 2 pm  
People with Diabetes, their friends and family welcome

**1st and 3rd Mondays**  
**Elder's Building after lunch**  
**12:45 pm-2 pm**

- ▶ Encouragement to live a long, healthy life
- ▶ YOU CAN TAKE CHARGE OF YOUR DIABETES
- ▶ Share what you would like to learn about Diabetes

**TAKE TIME FOR YOU AND YOUR DIABETES**  
**Join us!**

Contact Patty Suskin, Registered Dietitian  
and Certified Diabetes Educator  
to RSVP or for more information at 432-3929



# Breast Cancer Fundraiser

Thank you to all who participated in Yoplait Yogurt's "Save Lids to Save Lives" project by bringing your pink yogurt lids into the clinic. We were able to donate \$10 to Breast Cancer Research. - Pam Peters





## Ten Ways to “Take 10” for Healthy Holidays

Submitted by Patty Suskin, Diabetes Coordinator, courtesy of Eat Right Montana - Holidays are stressful. Too much food, too much alcohol, too much shopping, too many parties, too many people, and even too much fun: it can all add up to feeling exhausted, overwhelmed, and completely stressed out. Fortunately, we can change our reactions to the pressures of the season – and keep our brains and our bodies healthy. Here are ten easy ways to take 10 minutes to “de-stress” in the midst of the usual holiday commotion.

**1. Take a break:** 10 minutes is all it takes. A small break can make a big difference in your attitude. Regular relaxation can also help fight off colds and other infections.

**2. Take a walk:** Moving for 10 minutes can help you maintain a healthy weight and a healthy attitude. Take three 10-minute walks and your heart will get the benefits too!

**3. Take a nap:** A good night’s sleep is essential for good health, especially when your days are beyond busy. A 10-minute daytime nap can also help boost energy levels.

**4. Take a bath:** With or without bubbles, running water is relaxing. A 10-minute bath (or shower) can sooth tired muscles and release holiday tensions.

**5. Take a call:** It does make a difference to “reach out and touch someone.” Connect with a special friend or family member for 10 minutes – by phone or in person.

**6. Take a dog break:** Fresh air is good for humans and animals. Take 10 minutes to throw a few balls – and bring some sunshine into your life and the dog’s life!

**7. Take a child break:** Children have the right attitude toward holidays – wonder and joy. Just 10 minutes with a child can help revive anyone’s sagging spirits.

**8. Take a book break:** A good book can give you a healthy rest from the holiday hubbub. Put

all your lists aside for 10 minutes – curl up with a book and a cup of tea.

**9. Take a snack break:** Stress often leads to overeating. Sit down for 10 minutes and eat a nutrient-rich snack, like fruit and cheese, half a sandwich, or a handful of nuts.

**10. Take a music break:** Holiday songs, carols, and hymns are a lovely way to take a break, to relax or to even dance. Try a 10-minute sing-a-long as a stress reliever.

## Outdoor Activity of the Month *Ross Nature Trail in DuPont*

**Where:** A huge network of country and town trails winds through DuPont, a small community near Fort Lewis.

**To do:** There are a book’s worth of trails in and around DuPont, but the book hasn’t been written yet. The Ross Nature Trail, which starts right near DuPont Fire Station, is one small taste of a big meal, but it’s a good introduction to the system. The trail takes walkers and bike riders along the edge of the sprawling Edmond Marsh – a giant wetland – to a series of trail intersections. The trail is beautiful in the autumn, as the leaves change colors and fall from oak, alder and maple trees. The trail is flat and an easy walk.



**Wildlife:** Water birds, squirrels, raccoons and deer often are seen near and on the trail. A recent afternoon walk down the trail revealed an almost tame doe and fawn. The fat deer were feeding along the edge of the trail. Wood ducks zipped overhead, and a Great Blue Heron stalked frogs and small fish in an open section of water.

**To see:** Watch for the stands of big cedar and Douglas fir trees. Spur trails lead off the Ross trail, and a short one takes visitors into a dark, quiet

forest. Weekend visitors also might want to stop by the DuPont Historical Museum at 207 Barksdale Ave. For more information, call 253-964-2399 or visit [www.dupontmuseum.com](http://www.dupontmuseum.com).

**Trail details:** The city of DuPont has maps of its trail system available at the City Hall and Community Center, at 303 Barksdale Ave. The City Hall is open from 8 a.m. to 5 p.m. Monday through Friday. The Ross trail hits a junction to other trails 0.4 miles from the trailhead. The trail is packed gravel and is an easy walk. The trails give hikers a feeling of being far away from civilization, but homes and businesses never are too far away.

**Directions:** To get to City Hall -- and the start of Ross Nature Trail -- take Interstate 5 north to Exit 119. Turn left after getting off I-5 and drive over the overpass. You will be on Barksdale Avenue. City Hall is a few blocks ahead, at the intersection of Barksdale Avenue and Forcite Street. To get to the Ross trailhead, park near City Hall and walk up Forcite, which curves into Louviers Avenue. The trailhead is near DuPont Fire Station.



**Safety:** A map is a good idea if you want to explore the trail network. Keep an eye on kids, as they easily could get lost in the thickets off the trail. Don’t try to go off the trail into the wetlands. You’ll get stuck in black, evil-smelling mud and water.

**Equipment:** Trail map, good walking shoes, rain gear, water and binoculars

**History:** DuPont is the site of a former DuPont explosives plant that opened in 1906. The now-closed plant produced millions of pounds of dynamite and black powder. The DuPont Historical Museum has displays and relics from that era.

**Information:** Call the city of DuPont at (253) 964-8121.



## Diabetes Awareness Month

Submitted by Patty Suskin - To celebrate November as Diabetes Awareness Month, Patty Suskin, Diabetes Coordinator, had help from clinic staff & community members to provide diabetes screening, a healthy breakfast, a brief talk, and a pleasant walk on November 12th.

Thank you to those of you who made our Diabetes Awareness Breakfast, Talk & Walk a success! Thirty two people participated.

Index cards stating the amount of carbohydrate in a serving of each food and beverage were also on the food table. (It is important for people with Diabetes to know how much carbohydrate they eat and drink.)

We enjoyed quiche, (see the November Klah-Che-Min or ask Patty for the quiche recipe), high fiber toast, peanut butter and jelly, V-8 juice, milk, coffee, tea, hot chocolate, Sunrise orange Crystal Light, & fresh fruit & vegetables. All these foods are safe for people with diabetes to eat or drink, as *every food is safe in moderate amounts*. People with Diabetes can reduce problems with eyes, kidneys, circulation & heart disease by keeping their blood sugar in a healthy range.

Thank you to the following people for their assistance: BJ Peters for many hours spent coordinating the food, Arlene Strobe, Nora Coxwell, Connie Whitener and Rose Algea for food & beverage assistance, Rose Algea and Ruth Creekpauum for brainstorming the breakfast & walk idea, Rose Algea for the prayer blessing the food & taking photos, Connie Whitener, for taking photos & reminding staff to stop by and JeNene Miller for taking photos.

Patty checked blood sugars for 29 Squaxin Island community/staff members—thank you all for your curiosity and your patience in the long line!

Special thanks to walkers Alene Whitener, Ann Parker and Darla Whitener.

I really appreciate so many of you who made this a success. I hope I did not forget to thank anyone!

Winners of the raffle (an insulated bag to carry your lunch or snacks) included: Arlene Strobe, Darla Whitener, June Krise, Elaine Moore, Patti Puhn, Melanie Vigue and Esther Fox.



*Rose Algea (above) and Ray Peters (below) get their blood sugar tested by Diabetes Coordinator/ Nutritionist Patty Suskin at the Diabetes Awareness Breakfast*



*Its easy to have your blood sugar checked; as Ray Peters illustrates, you can even take a cell phone call at the same time.*

## MEAL PROGRAM MENU

Food Group	Monday	Wednesday	Thursday
Meat Vegetable Grains/Bread		1 Swiss Steak Baked Squash Mashed Potatoes	2 Lasagna Petite Green Beans French Bread
Meat Vegetable Grains/Bread	6 Beef Stew Stew Veggies Wheat Rolls	8 Chicken Stir Fry Stir Fry Veggies Brown Rice	9 Pork Chops Mixed Vegetables Baked Potatoes
Meat Vegetable Grains/Bread	13 Holiday Dinner - Ham Petite Green Beans Mashed Potatoes & Yams	15 Tuna Cheese Twist Broccoli	16 Chicken/ Black Bean Burritos Corn
Meat Vegetable Grains/Bread	20 Salmon California Vegetables Steamed Red Potatoes	22 Minestrone Soup Ham Sandwich Veggie & Cheese Trays	23 No Meal Service Through December Re-opens January 3rd

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: 2% milk, fat free milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entrée listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and \$3 for all others.







## The Real Story of Lettuce

Submitted by Patty Suskin - All lettuce is not the same – nutritionally speaking. Romaine lettuce and spinach are superior to iceberg or head lettuce in Vitamin A & Vitamin C. This is why we have discontinued serving iceberg lettuce and now serve romaine, spinach and other more nutritious salad items at the Squaxin Island Meal Program.

### Lettuce – Nutritional Information

Spinach ½ cup chopped raw  
188 RE of Vitamin A, 8 mg vitamin C

Romaine lettuce ½ cup  
73 Retinal equivalents of Vit A, 7 mg of Vit C

Iceberg lettuce ½ cup  
9.2 RE Vitamin A, 1.4 mg Vitamin C

*Notice that spinach is higher in Vitamin A & Vitamin C than both romaine & iceberg lettuce.*

### Vitamin A

- Aids growth & repair of tissues
- Helps resist infection
- Promoted bone & tooth formation
- Prevents night blindness, drying of the eyes and dry, rough, skin

### How much Vitamin A do you need?

Children: 400- 700 Retinal Equivalents (RE)  
*(depending on age)*

Men: 1,000 RE a day

Women: 800 RE per day

Our bodies store Vitamin A, so you can get too much if you take supplements. Check the label to be sure you are not taking more than 100% of the recommended Retinal Equivalents you need.

### What are the best sources of Vitamin A?

Liver, eggs, dark green and deep orange fruits and vegetables and dairy products

### Suggestion

Choose vegetables and fruits with bright colors for the best choice nutritionally

## Chicken Roll-Ups (With Spinach)

Here is a delicious recipe that is quick and easy to prepare. It looks beautiful on your plate too! This was a big hit at the Elders' meals. It makes four servings.

### Ingredients

2 1/2 cups marinara sauce (meatless pasta sauce)  
4 boneless, skinless chicken breasts  
2 cups or more fresh spinach leaves  
4 slices (1 ounce) or shredded mozzarella cheese  
4 Tbsp. Parmesan cheese

### Directions

Preheat oven to 400 degrees. Coat the bottom of the baking dish with one cup sauce. Place one chicken breast between 2 sheets of plastic wrap on a cutting board. Roll and pound with a rolling pin until meat is about 1/4 inch thick. Repeat with remaining breasts. Press 1/2 cup or more of spinach leaves on each chicken breast. Place one slice mozzarella cheese on each chicken breast and roll up tightly, pressing firmly. (This may be messy.) Place each chicken roll seam side down in baking dish and cover with 1 1/2 cups of marinara sauce. Cover with aluminum foil and bake at 400 degrees for 35 minutes. Remove foil and continue baking at 400 degrees for 10 minutes. Garnish with 1 tablespoon Parmesan cheese.

For more information on healthier eating options, contact Patty Suskin, Registered Dietitian and Certified Diabetes Educator at Squaxin Island Health Clinic or at (360)432-3929

## Upcoming Events

### Brief Walk

Every Thursday at 12:40  
Meet at the Elder's Building

### Mammogram Day

December 16th & January 27th  
Call Rose Algea for your appointment  
at (360) 432-3930

### Diabetes Support Group

Every 1st & 3rd Monday  
12:45 to 2:00 p.m.  
Walk at 12:45 p.m.  
Talk 1:00 – 2:00 p.m.  
Meet at Elder's Building  
right after lunch  
*(December 20th and January 3rd cancelled)*

### World AIDS Day

### HIV/AIDS Awareness Luncheon

Wednesday, December 1<sup>st</sup>  
at the MLRC  
11:30 a.m. - 1:00 p.m.

### HIV/AIDS Awareness Teen Dance

Friday, December 10th  
in the gym

*Please wear a red ribbon  
to remember those lost to AIDS*

Contact Donna Penn,  
HIV/AIDS Advocate at 432-3881  
Confidential phone line

*Questions or to RSVP for these activities, contact Patty Suskin,  
Diabetes Coordinator at  
(360) 432-3929*

## Congratulations October Raffle Winners



*Ramona Mosier  
Mammogram Winner*



*Christine Thompson  
Women's Health Winner*



# HIV Positive

If you have questions about your risks, testing or access to free condoms, please contact Donna Penn, HIV/AIDS Advocate on the Confidential Phone line, 360-432-3881

## When to Have an HIV Test

Submitted by Donna Penn, HIV/AIDS Advocate, courtesy of HIV/AIDS Resource Center and YourMedicalSource.com- The Center for Disease Control (CDC) recommends people should have an HIV test if they answer "yes" to on or more of the following questions:

- Having three or more sexual partners in the last 12 months
- Have received a blood transfusion prior to 1985, or have a sexual partner who received a transfusion and later tested positive for HIV
- Not sure about one's sexual partner's risk behaviors
- Being a male who has had sex with another male
- Using street drugs by injection, especially when sharing needles and/or other equipment
- Being a health care worker with direct exposure to blood on the job

*People should consider an HIV test if:*

- They have engaged in an activity that has an HIV infection risk factor
- Knowing their HIV status would help them in finding the medical care to prevent or delay a life threatening illness
- Knowing the result of a test would help protect sexual partners
- The test would help them to decide whether to become pregnant or in dealing with childbirth
- Taking the test would resolve their anxiety over wondering if HIV infection is present.

## Need to Know:

When first infected with HIV, a person may have no symptoms at all. Some people experience a brief flu-like illness a few weeks after becoming infected. These early signs of infections, including fever, headache, sore throat, swollen glands and rash are similar to those of more common illnesses. Therefore, people do not recognize they have been infected with HIV.

Some people remain symptom-free for years but during this time they can spread the infection to others. After this time, more serious infections may occur, including rare cancers and pneumonia. As HIV progresses to AIDS, people may experience fatigue, swollen lymph nodes, chronic diarrhea, night sweats, fevers higher than 100 degrees and persistent headaches.

The CDC recommends all patients coming for HIV testing have pre- and post-test counseling. Most counseling and testing centers follow policies of confidentiality and for many states anonymous testing. Anonymous testing means the person tested is the only one who will know the test result. The laboratory and even the health care provider does not know the person's identity.

## Counseling Procedures

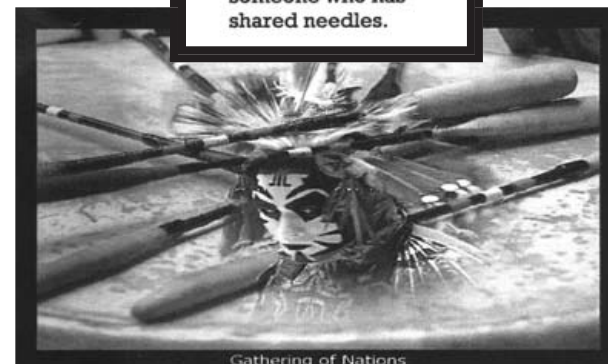
Before a person has an HIV test, he or she should be given materials to read before entering a group or private session with a counselor or doctor. The health care professional may ask why you want to be tested. The counselor should also ask about the person's background and that of his or her sex partner(s). This will help the counselor and patient to determine whether testing is appropriate. If testing is appropriate, the counselor or doctor should:

- Describe the test and how it is done
- Explain AIDS and the ways HIV infection is spread
- Discuss ways to prevent the spread of HIV
- Explain the confidentiality of the test results
- Discuss the meaning of possible test results
- Ask what impact the patient thinks the test will have
- Address the question of whom the patient might tell about the result
- Discuss the importance of telling the patient's sex partner(s) and/or drug-using partner(s) if the result indicates HIV infection

If these questions are not covered, or if the patient has any other questions, ask them. Come prepared with questions that have been of concern.

Also ask the doctor or counselor how they report the test result. If the test result is negative, the post-test counselor should talk to the patient about how to avoid behaviors that will put him or her at risk.

- You may be at-risk if you:
- Have had sex with a man or woman who has had other partners.
- Have shared injection drug needles with someone or have had sex with someone who has shared needles.



Gathering of Nations





## “You Burn It, You Breathe It” Smoke Poses Serious Health Concerns

The Olympic Region Clean Air Agency – The smell of burning leaves evokes autumn memories for many. But for others, it marks the start of a long winter of breathing difficulties.

Smoke– whether from yard waste and land clearing burning outside or from an old, uncertified woodstove or fireplace inside – causes substantial air pollution in the area, according to the Olympic Region Clean Air Agency (ORCAA).

Burning wood and other plant material creates smoke composed of fine and very fine particles. This small particulate matter (PM) creates significant health risks, especially the very fine particles – smaller than 2.5 microns in diameter (PM2.5). These tiny particles are too small to be filtered by the nose and the body’s other natural defense mechanisms, so they may end up being inhaled deep into the lungs. They can remain in that sensitive tissue for months, slowly causing tissue damage and chemical changes within the lungs. That means that exposure to wood smoke may, at the very least, cause breathing problems and can increase – sometimes substantially increase –the severity of existing lung disease, such as asthma.

Smoke also has been shown to aggravate heart disease. Carbon monoxide is also a component of wood smoke that can build up inside the residence during the use of woodstoves or fireplaces. Carbon monoxide may cause chest pain, strain on the heart, and even death.

Children and the elderly are particularly susceptible to problems associated with smoke. The types of problems associated with smoke exposure include lower respiratory infections, acute pneumonia, and bronchitis, as well as severe aggravation of existing conditions such as asthma and emphysema. Substantial evidence also suggests a strong link between wood smoke inhalation and cancer. As with cigarette smoking, wood smoke includes components such as benzo-a-pyrene and coal tar – both of which were identified as substantial carcinogens in tobacco.

There are measures people can take to reduce the amount of smoke they produce. Residents who rely on wood heat for their homes should use certified woodstoves or fireplace inserts. They should also use only clean, dry firewood to ensure

complete and clean combustion. Additionally, instead of putting yard waste in a burn pile, it may be composted or disposed of at the local waste collection center (where it will be composted).

Residents should also be aware that burning of household waste or any form of trash – whether in a woodstove or outdoors – is illegal under state law. Burn barrels are also illegal throughout Washington state.

For more information on the rules for woodstove use and outdoor burning throughout ORCAA’s jurisdiction, visit <http://www.orcaa.org/residential.html>



## Fun Days Out Fishing





## Mason County PUD No. 3 Offers Five Dollar Credit for Purchase of LED

### Holiday Lights

Mason County PUD No. 3 announced today that it will provide credits to owner/ratepayers this season who purchase energy-efficient LED (light-emitting diode) holiday lights to decorate their homes and trees.

"If you are a PUD 3 electric consumer who purchases LED holiday lights this season, we will provide a five dollar credit on your bill for each string purchased," said Joel Myer, PUD public affairs manager. "Qualifying owner/ratepayers can go to the Shelton or Belfair offices bring the original receipt, and PUD 3 will take care of the rest," Myer added.

LED holiday lights were made widely available to the public last year. The lights are bright, don't generate much heat, and best of all have extremely low power consumption; as low as 2.5 watts. Regular mini lights can use up to 14 times more electricity per season than comparable LED lights. LED light strings stay lit if one of the bulbs goes out. And LED lights are rated for up to 200,000 hours of use.

For more information about energy savings around the home and your business, call Mason County PUD No. 3 Energy Services at 360-426-0777.

(NOTE: LED Holiday lights are available locally at Tozier Brothers.)



## Congratulations Clayton and Sarah Bethea

on the birth of your son, Jacob Charles, born October 6th at five pounds, 13 ounces and twenty inches long.

## Native Actors Wanted

There is an upcoming film called Rain in the Mountains. The director of the film, Joel Metlen, is trying to find Native Americans to appear in the film which is being shot in New York. For questions about casting, contact Joel Metlen at 347-645-7611 or email at foxhallfilms@aol.com



### Who Is It?



ANSWER: Jeremiah George  
Love from your Gram

## Daily Tribal News Via Email

Call 432-3945 to sign up

## Wanted: Designated Digger



I am looking for a designated digger. If you are interested, contact Eric Kruger at 427-2477. Your payment will be half of the sale. Leave a message.







# EDUCATION



## DECEMBER CULTURAL ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 4:00 Youth Council Meeting 4:30 Lushootseed Bingo 4 All 6:00 Drum Group @ Gym	2 4:00 Youth Council Presents Arts & Crafts	3 4:00 Lushootseed Computer Games (when new computers arrive)	4 4:00 Potlatch Arts & Crafts
5 1:00 Potlatch Arts & Crafts 3:00 Lushootseed Bingo 4 Youth	6 Closed	7 Closed	8 4:00 Youth Council Meeting 4:30 Lushootseed Bingo 4 All 6:00 Drum Group @ Gym	9 4:00 Youth Council Presents Arts & Crafts	10 4:00 Lushootseed Computer Games (when new computers arrive)	11 4:00 Potlatch Arts & Crafts
12 1:00 Potlatch Arts & Crafts 3:00 Lushootseed Bingo 4 Youth	13 Closed	14 Closed	15 4:00 Youth Council Meeting 4:30 Lushootseed Bingo 4 All 6:00 Drum Group @ Gym	16 4:00 Youth Council Presents Arts & Crafts	17 Closed for Christmas Party	18 4:00 Potlatch Arts & Crafts
19 1:00 Potlatch Arts & Crafts 3:00 Lushootseed Bingo 4 Youth	20 Closed	21 Closed	22 4:00 Youth Council Meeting 4:30 Lushootseed Bingo 4 All 6:00 Drum Group @ Gym	23 4:00 Youth Council Presents Arts & Crafts	24 Closed for Christmas Eve	25 Closed for Christmas
26 Closed	27 Closed	28 Closed	29 Closed	30 Closed	31 Closed	

All times are in the afternoon. All cultural activities are open for everyone of all ages, please bring your friends & family.. Prizes such as toys & candy can be won at Lushootseed Bingo games. Arts & Crafts are to be made for upcoming potlatches the Drum Group will be attending and for annual Squaxin Island Potlatch in the spring. For any questions, please contact Jeremiah George at 432-3968.



# EDUCATION



## Learning Center Update

The Homework Center is open and will be available Monday through Thursday, from 3:30 to 5:00 p.m. in TLC. Please have students come to TLC prepared to work. The main focus of the Homework Center is to provide students with assistance in completing daily homework assignments and studying for tests. Remember, we are located upstairs in the old tribal center building.

Private Tutoring Sessions will be offered in TLC. A certified teacher will be available for private, individual tutoring sessions. If your child needs a little extra help in any academic area, please call to schedule an individual tutoring session. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

## Rec Room

Come and check out the new Youth Recreation Room. It's pretty cool! You can play air hockey, foosball, or just hang out and watch a movie on the new 32" TV, while sitting on the new leather couch. The Rec Room is open until 7:00 p.m. on Friday and 8:00 p.m. on Saturday. We will be having regularly scheduled youth movie nights soon. We hope to see you there!



## DECEMBER YOUTH ACTIVITIES CALENDAR

			1 Homework Help 3:00 - 5:00 Gym Closed until 6:00 Rec Room 3:00 - 7:00	2 Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	3 Baton 3:00 - 7:00 Rec Room 3:00 - 7:00	4 Open 10:00 - 7:00
5 Open 10:00 - 7:00	6 Homework Help 3:00 - 5:00 Basketball Practice 4:30 - 6:00 Rec Room 3:00 - 7:00	7 Homework Help 3:00 - 5:00 Basketball Practice 4:30 - 6:00 Rec Room 3:00 - 7:00	8 Homework Help 3:00 - 5:00 Gym Closed until 6:00 Rec Room 3:00 - 7:00	9 Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	10 Baton 3:00 - 7:00 Rec Room 3:00 - 7:00	11 Open 10:00 - 7:00
12 Open 10:00 - 7:00	13 Homework Help 3:00 - 5:00 Basketball Practice 4:30 - 6:00 Rec Room	14 Homework Help 3:00 - 5:00 Basketball Practice 4:30 - 6:00 Rec Room 3:00 - 7:00	15 Homework Help 3:00 - 5:00 Gym Closed until 6:00 Rec Room 3:00 - 7:00	16 Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	17 Youth Christmas Party 6:00 - 8:00	18 Open 10:00 - 7:00
19 Open 10:00 - 7:00	20 Homework Help 3:00 - 5:00 Basketball Practice 4:30 - 6:00 Rec Room	21 Homework Help 3:00 - 5:00 Basketball Practice 4:30 - 6:00 Rec Room 3:00 - 7:00	22 Homework Help 3:00 - 5:00 Gym Closed until 6:00 Rec Room 3:00 - 7:00	23 Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice 4:30 - 6:00	24 CLOSED	25 CLOSED
26 CLOSED	27 Youth Basketball Tourney	28 Youth Basketball Tourney	29 Youth Basketball Tourney	30 CLOSED	31 CLOSED	





## Scholarship Corner

### Truman D. Picard Scholarship

The Truman D. Picard Scholarship Program is dedicated to the support of Native American students pursuing higher education in Natural Resources. Required Material: 1) Letter of application demonstrating (a) an interest in Natural Resources, (b) a commitment to education, community/culture, (c) academic merit and (d) financial need. The Education Committee reviews and ranks each application. All four points should be addressed in the letter. The letter may be up to two pages in length. 2) Resume. 3) Three letters of reference. 4) Validated enrollment in a federally recognized Tribe or Native Alaska Corporation, as established by the U.S. Government. 5) HIGH SCHOOL STUDENTS: Please provide documented proof of application to an institution of higher education to study in the area of Natural Resources along with school grades. 6) COLLEGE STUDENTS: If you are currently enrolled in a higher education program please provide documented proof of study in the area of Natural Resources, along with school grades. All information requested must be received by the close of business April 1, 2005 to be considered. Information can be found at [www.itcnet.org](http://www.itcnet.org).

### Gates Millennium Scholarship

GMS, funded by a grant from the Bill & Melinda Gates Foundation, was established in 1999 to provide outstanding low income African American, American Indian/Alaska Natives, Asian Pacific Islander American, and Hispanic American students with an opportunity to complete an undergraduate college education in any discipline area of interest. Students are eligible to be considered for a GMS scholarship if they: 1) Are African American, American Indian/Alaska Native, Asian Pacific Islander American or Hispanic American; 2) are citizens or legal permanent residents or nationals of the United States; 3) have attained a cumulative GPA of 3.3 on a 4.00 scale (unweighted); 4) will entering a U.S. accredited college or university as full-time, degree-seeking freshmen in the fall of 2005; 5) Have demonstrated leadership abilities through participation in community service, extracurricular or other activities; and 6) meet the Federal Pell Grant eligibility criteria. All information requested must be postmarked on or before January 14, 2005.

### Miss Native American Pacific Northwest Scholarship Program

The Miss Native American Pacific Northwest Scholarship Program is an organization empowering young Native American women to achieve their educational, personal and professional goals. Whether you want to become a doctor or a dancer, an accountant or an architect, we have an opportunity that will help bring you closer to achieving your goals, whatever they may be. This year's pageant will take place on Saturday, May 21, 2005 at Chinook Winds Casino Resort in Lincoln City, Oregon. Please consider entering the pageant if you are: 1) Between the ages of 17 and 24 years of age. 2) Have never been married. 3) Are enrolled in a college or university or plan to continue your secondary education. 4) A resident of Oregon, Washington or Idaho. 5) An enrolled member of a Federally recognized tribe. 6) Have never been convicted of any criminal offense and there are no criminal charges presently pending against you. All information must be received by March 1, 2005.



### ESA Foundation Scholarship

20 @ \$1,000 – Deadline 02/01/05

### AXA Achievement

\$670,000

[www.axa-achievement.com](http://www.axa-achievement.com)

Deadline 12/15/04

### Discover Card

\$25,000

[www.discovercard.com/tribute](http://www.discovercard.com/tribute)

Deadline 01/07/05

### Wells Fargo

\$100,000

[www.wellsfargo.com/collegesteps](http://www.wellsfargo.com/collegesteps)

## Attention All Youth!

For every 10 hours of tutoring and/or homework help you take advantage of at the Tu Ha' Buts Learning Center, you will receive a Wal-Mart gift card in the amount of \$15.00. We are available for homework help Monday through Thursday from 3:00 p.m - 4:45 p.m.

## New Language Center is Now Open

The new schedule is as follows:

*Mondays*

Open

*Tuesdays*

8:00-Noon - individual tutoring (at this time 2 continuing students)

12:30-3:00 - NWITC (in Elma)

*Wednesdays*

Open

*Thursdays*

10:30-noon - Planning Dept.

*Fridays*

Open

Barbara would like to begin a Game Time and a Beginning Review Class. Please call if you are interested in attending. Also available are sessions for Departmental tutoring and individual and small group tutoring. These sessions could help you learn canoe landings, introductions, and brief conversation. Please call, 432-3897 to schedule.

## Staff Hours

*Kim Cooper, Director*

8:30 – 5:00 432-3904

*Mark Snyder, Youth Coordinator*

10:00 – 7:00 432-3872

*Walt Archer, Education Liaison*

7:30 – 4:00 432-3826

*Lisa Evans, Education Assistant*

8:30 – 5:00 432-3882

*Barb Whitener, Language Coord.*

432-3897

*Jeremiah George, Cultural Coord.*

10:00 – 7:00 432-3968

Wednesday through Sunday





## Tribe Vetoes Deschutes plan *Water proposal does too little*

John Dodge, The Olympian - A five-year, \$360,000 effort to craft a water-resources management plan for the Deschutes River watershed has been scrapped.

The Squaxin Island tribe has vetoed the plan, saying the 150-page document perpetuated business as usual in the water-planning arena when wholesale changes are needed.

Fourteen other members of the committee working on the plan have endorsed it. The plan called for better enforcement of water rights, increased stream monitoring, stronger reviews of proposed small community wells and a greater emphasis on water conservation.

"I'm very disappointed," said Virgil Clarkson, Lacey mayor and chair of the committee. "I think it's a waste of energy and a waste of funds. In my opinion, we produced a fairly good document."

The Deschutes watershed is home to 144,000 people, a population expected to grow to 223,000 by 2025 and eventually 300,000 under current zoning.

The stated goal of the plan is to manage water wisely for both human needs and stream flows that support salmon and critical habitat. But to turn the plan into action required unanimous support of all the governments.

The plan was funded by the state Department of Ecology and was a by-product of a 1998 state law that called for water resource planning in 62 watersheds around the state, involving local governments, tribes, builders, shellfish growers, farmers and other interest groups.

The tribe opposed the original bill and warned participants from the start that it was a flawed process, tribal policy analyst Jeff Dickison said.

"The tribe believes the owners of the water should be making the decisions, and they are the state, the tribes and the federal government," he said. "This plan is business as usual, with a little bit of tweaking. The system is not working and needs to be changed."

For instance, he said, the tribe's position is that any future water withdrawals in the 270-square-mile watershed that runs down the center of Thurston County should be offset by an equal amount of water conservation or water reuse.

Many of the 256 miles of streams in the watershed depend on groundwater for their summertime flows. One of the challenges is withdrawing groundwater without depriving the Deschutes River and its tributaries of water.

In 1980, the state halted any new withdrawals of water from the river and streams in the watershed. All new water withdrawals are from underground supplies called aquifers.

In some areas of the watershed, groundwater withdrawals are lowering stream flows, Squaxin Island tribe vice chair Andy Whitener said in a letter Friday to the committee, announcing the tribe's final decision to terminate the plan.

"The concept has merit, but we don't have the data to support the tribe's claim," said Tom Clingman, a Thurston County water resources specialist.

On the other hand, the monitoring data don't show a reduction in the amount of water in the aquifers, which is where water is pulled from to support population growth and development, Clingman said.

An estimated 21.65 million gallons of water is used daily in the watershed, which includes Tumwater, Olympia and much of Lacey.

### **So what happens next?**

The tribe is willing to work with local governments on water resource management, if those governments are prepared to make wholesale changes, Dickison said. If they go it alone or try to adopt portions of the plan in other ways, they run the risk of a lawsuit.

All of the hours of planning weren't for naught, said Jim Bachmeier, county water resource program manager.

"We're walking away with new scientific information and a broader knowledge of water supplies and future demographic trends," Bachmeier said. "We're disappointed that the plan wasn't approved, but the research and dialogue that went into it are invaluable."

### **Other participants are less upbeat.**

"The committee worked long and hard with a fair degree of consensus," said Doug DeForest, executive director of the Olympia Master Builders

and a committee member. "We took significant steps in improving water management in the basin -- that whole effort is down the tubes."

Clarkson said derailment of the plan could slow down work by the cities on developing joint water supplies.

"I still want to work with the tribe," Clarkson said. "They objected to the law, but we had a mandate from the Legislature and had to work with it."

### **Rejecting the plan**

Here are some of the key reasons the Squaxin Island tribe vetoed the Deschutes River watershed plan:

The tribe wants water resources managed on a government-to-government basis. The state watershed planning act approved by the state Legislature in 1998 gave other groups -- including private water utilities, developers, environmental groups and agricultural interests -- a place at the table.

Planning didn't start from the premise that there is a shortage of water in the watershed, a position the tribe holds.

The tribe contends that any new use of water needs to be balanced with conservation and reuse. The plan does not rule out drilling more wells, but calls for mitigation plans to reduce the impact of new withdrawals.

The tribe wants all water withdrawals to be monitored and regulated. The plan follows state law, allowing single-family wells in the rural area of the watershed to be exempt from detailed review of their possible impacts on stream flows.

### **Seeing the plan**

To view a draft of the plan, go to [www.co.thurston.wa.us/wwm](http://www.co.thurston.wa.us/wwm) and click on "WRIA 13."





## New Stream Gauge

### Operating On Goldsborough Creek

Emmett O'Connell, NWIFC - When creeks across Mason County flooded last winter, there was little information available to the public about how bad the floods really were. The Squaxin Island Tribe recently installed a new stream gauge on Goldsborough Creek that provides real-time data that helps the Tribe and others better understand and react to changes on Goldsborough and other creeks.

"Seeing how much water is flowing through a stream minute by minute answers many of the questions we deal with," said John Konovsky, water quality manager for the Squaxin Tribe. "Floods can be damaging to salmon by destroying their habitat." Goldsborough Creek, which runs through downtown Shelton, the largest city in the county, was recently the site of a dam removal project, opening up 25 miles of salmon habitat.



Tribal staff rushed to assess the affects of last winter's floods that hit Goldsborough Creek and other surrounding streams especially hard. "We wanted to see how the creeks reacted to the flooding," said Konovsky. "If there had been a real-time gauge available then, we would have been able to see the floods coming and react quicker."

Although the Tribe operates a series of stream gauges across the region, this is the first to have data available in real-time. "Even though we could walk outside and see the creeks flooding, we really didn't know how bad it was until we got the data back later," said Konovsky.

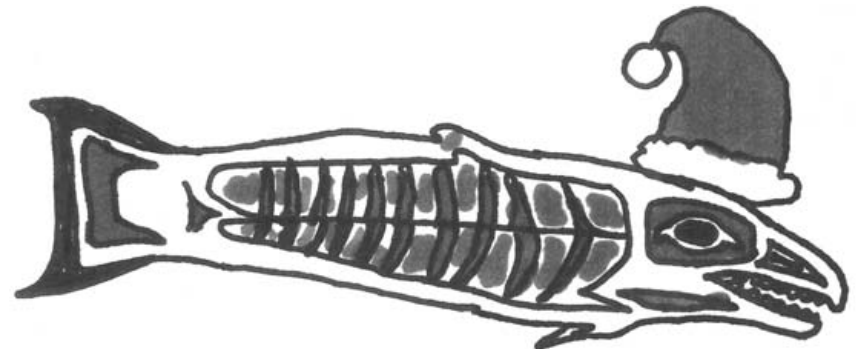
"Having this information available on the internet lets anyone have access to the data," said Konovsky. "Property owners along the creek, or anyone interested in the conditions on the creek, are able to see it for themselves."

Previously, there was no real-time stream gauge data available in the area known as WRIA 14, the collection of small watersheds south of the Skokomish River and north of Olympia. "You can't depend on data from other systems that just happen to be nearby to tell you what is going on here," said Konovsky.

In addition to stream gauge data, the tribe collects various types of water quality samples on a number of creeks in the area. The tribe also operates several juvenile salmon smolt traps and conducts adult salmon spawning surveys to track salmon populations. "This will be a terrific new tool in the tribe's ongoing monitoring efforts," said Konovsky.

## Natural Resources Hotline

360-432-3899



By Taylor Wily

Stream gauge data from Goldsborough Creek is available at: [http://nwis.waterdata.usgs.gov/wa/nwis/uv/?site\\_no=12076800&PARAMeter\\_cd=00060,00065](http://nwis.waterdata.usgs.gov/wa/nwis/uv/?site_no=12076800&PARAMeter_cd=00060,00065)

For more information, contact: John Konovsky, water quality manager, Squaxin Island Tribe, (360) 432-3804 or Emmett O'Connell, South Sound information officer, NWIFC, (360) 438-1181, ext. 392.







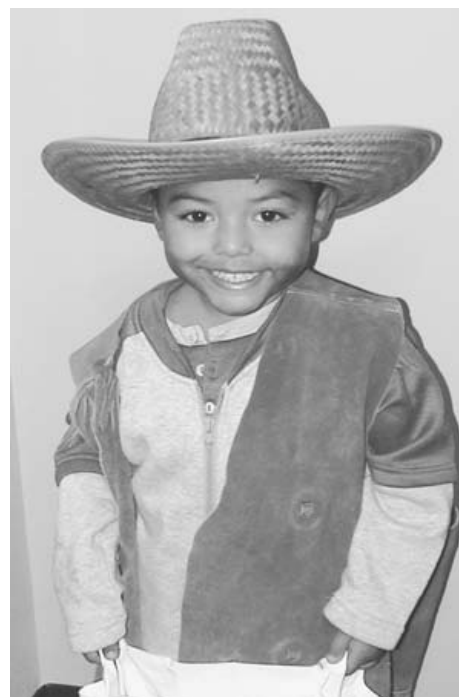
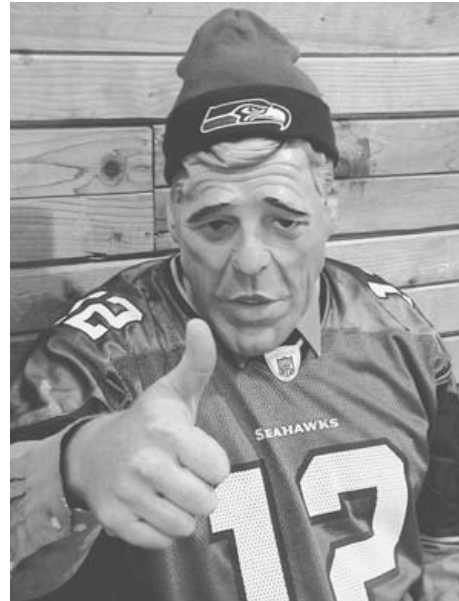
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## Indian Law Will Be Added to Bar Exam

By Sara Jean Green, Seattle Times staff reporter - The Washington State Bar Association's (WSBA) governing body voted unanimously October 22nd to add a question on Indian law to the state bar exam, making Washington the second state in the country to do so.

After a nearly three-hour discussion, which included comments from Indian and non-Indian attorneys, the 12 voting members of the WSBA's Board of Governors agreed at a meeting in Richland that all future lawyers must grasp the basics of tribal sovereignty in order to practice in this state.

The summer 2007 state bar exam is to be the first test of aspiring attorneys' understanding of Indian law and its intersections with most other areas of law, from criminal and family law to environmental and business law.

The unanimous vote "was my biggest shock," said Seattle attorney Gabe Galanda, a member of California's Round Valley Indian Confederation and the immediate past president of the Northwest Indian Bar Association.

Galanda, 28, has been the driving force behind the addition of Indian law to the bar exam since New Mexico's bar decided to test on Indian law in 2002. Yesterday's vote, he said, "was a fundamental recognition of tribal sovereignty. I was almost brought to tears."

Now, the state bar will be working with law schools and companies that offer bar exam preparation courses to ensure that law students learn what they need to learn before encountering a question on Indian law on the exam, Galanda said.

"I credit the non-Indian bar ... for carrying the water," he said. "Tribal lawyers brought it to their attention and, ultimately, it was the general bar that decided this was good policy."



## Museum Gets Whale

*Skokomish tribe to welcome spirit of gray whale; skeleton goes on display in Belfair*

John Dodge, The Olympian - A young gray whale that washed ashore on a Hood Canal beach near Belfair five years ago lives on in the hearts and minds of many in this Mason County community.

The whale's 27-foot-long skeleton now is preserved and hanging in a graceful arc above the breezeway between the Mary E. Theler Exhibit Building and North Mason School District classroom at the Theler Wetlands trailhead at the south end of town.

About 150,000 visitors come to the wetlands each year to walk the four miles of trails and take in the environmental education exhibits, and the whale skeleton is a real eye-catcher.

"I think it looks really cool," said Jack Johnson, owner of a Belfair construction company. "It's one of those community projects that everybody agreed on."

Dozens of community members and North Mason High School students contributed more than 1,200 hours to the arduous task of turning a rotting, stinky whale carcass into a picture-perfect whale skeleton exhibit.

"It was an overwhelming task," said school district environmental educator Karen Lippy. "There's no manual on how to prepare and reassemble a whale skeleton."

When the whale washed ashore on April 29, 1999 - one of 28 gray whales to perish on state beaches during the 1999 spring gray whale migration from Baja California, Mexico, to the Bering Sea - it was viewed as an opportunity, not a nuisance, Lippy recalled.

First, a necropsy was performed on the whale. While an exact cause of death was not determined, the approximately 2-year-old male gray whale might have starved to death, a victim of a decline in the Bering Sea food base at a time when the gray whale population was growing rapidly, said John Calambokidis, a Olympia-based research biologist and co-founder of Cascadia Research.

Calambokidis examined the whale. "He was probably running out of gas - on his last legs in Hood Canal," Calambokidis said.

After the necropsy, members of the community and those associated with environmental education at the Hood Canal Watershed Project quickly secured permits to bury the whale on state Department of Fish and Wildlife property in Lynch Cove. The idea was to allow the carcass to decompose so it could be dug up later for reassembly as a skeleton.

"We dug it up on the beach with a D-4 Cat and covered it with 50 cubic yards of imported sand," Johnson said.

Two years later, the skeleton was carefully dug up. Each bone was numbered so it could be pieced back together properly. The pieces of the skeleton were moved to an open-air barn to dry.

The 700 pounds of bones were cleaned and sealed. Latex molds of each bone were made for a lightweight replica of the skeleton to be used as a hands-on exhibit for students and others to learn about whale anatomy.

Then, on June 26, the newly articulated whale skeleton was placed on display. But the story doesn't end there.

At 10 a.m. Saturday, November 27th, members of the Skokomish Indian Tribe will come to the exhibit and conduct a public ceremony to welcome the whale's spirit to the Theler Wetlands.

Walt Harper, an AmeriCorps supervisor stationed at the Theler Wetlands exhibit building, said the ceremony befits the skeleton exhibit.

"The day we hung it up, I had goose bumps all over my body," Harper said. "It feels like the spirits of our ancestors brought the whale to us to be in our building."



### Gray whale facts

Gray whales are about 16 feet long at birth, with females growing to 45 feet and up to 70,000 pounds. The males are slightly smaller.

They feed on the bottom of the ocean floor, scooping up tiny crustaceans, worms, crab larvae and small fish. An adult eats as much as 600 pounds a day, but gray whales typically only eat about four months out of the year in their feeding grounds in the Beaufort and Bering seas.

Driven to near extinction by whaling in the mid-1800s and again in the early 20th century, the Pacific gray whale population has recovered to about 17,000 animals, down from 23,000 in 2000.

Gray whales can be found in small numbers in Puget Sound throughout the year, but numbers peak during the fall and spring migrations.



# Housing Fair



The 1<sup>st</sup> Annual Housing Fair was held November 13, 2004. This was an opportunity for individuals to gather information and ask questions about homeownership and home rehabilitation, learn how to do a few minor home repairs and have some fun.

Organizations represented were: Wells Fargo Bank, Washington Mutual, Hood Canal Communications, Shelton Fire Dept., Squaxin Law Enforcement, HUD, Consumer Counseling NW, Community Action Council, USDA Rural Development, TANFF Program.

The Fair was funded by two very generous donations made by Wells Fargo Bank and Washington Mutual. Other sponsors included:

Little Creek Hotel and Casino  
Kamilche Trading Post  
Walmart  
Kell Chuck Glass  
Papa Murphy's Pizza  
Lumbermens  
Toziers  
Del's Farm Supply  
A-1 Chimney

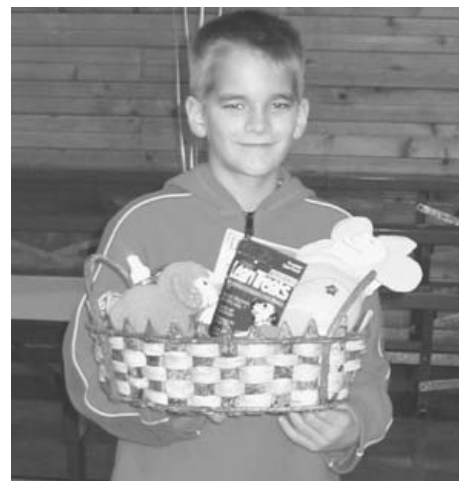
Thanks to all of our wonderful sponsors and participants for making the Housing Fair such a great success.







# Housing Fair





Happy Birthday

Douglas Bloomfield	12/1	Cecilia Blueback	12/14	William Penn	12/24
Allen Mosier	12/2	Nicholas Dorey	12/14	Tahnee Kruger	12/24
Jess Brownfield	12/3	Judith Arola	12/15	Jesus	12/25
Deborah Obi	12/3	Xzandria King	12/15	Richard Johns, Sr.	12/25
Cathlene Edwards	12/3	Lisa Peters	12/15	Astrid Poste	12/25
Peggy Peters	12/4	Frankie Metcalf	12/15	Carol Tadios	12/25
Daniel Sigo	12/4	Amber Snyder	12/15	Nicholas Cooper	12/26
Lilly Henry	12/5	Rodney Krise	12/16	Karina Farr	12/26
Michael Foster	12/6	Anthony LaFlame	12/16	Edward Cooper	12/27
Sophia Cooper	12/7	Wendy Bowman	12/17	Andrea Neilsen	12/27
Zoe Cooper	12/7	Donovan Henry	12/17	Jessica Stone	12/28
Jason Koenig	12/7	Vernon Sanchez	12/17	Kathy Block	12/28
Rhonda Whitner	12/8	Suzanne Snipper	12/17	Patti Puhn	12/29
Clinton Coley	12/9	Daniel Brown	12/19	Penni Giles	12/29
Misti Saenz-Garcia	12/9	Winona Crone	12/19	Richard Gouin	12/30
Dustin Kruger	12/9	Shashoney Fenton	12/19	Koreena Perez	12/30
Garrett Todd	12/9	Theresa A. Henderson	12/19		
Davina Braese	12/10	Patrick Stapleton	12/19		
Sierra Blueback	12/10	Tyson Kruger	12/19		
Kendra Blueback	12/11	Charlene Cooper	12/21		
Kestle Coley	12/11	Larrinea Nichols	12/22		
Tonya Henry	12/11	Elroy Ellerbe	12/22		
Mary Mason	12/11	Jaimie Cruz	12/23		
Karen Farr	12/13	Alacyn Wilbur	12/23		
Lucy Aldrich	12/13	Holly Henry	12/24		

Merry  
Christmas

What's Happening

			1 World AIDS Day <i>Tribal Council</i>	2 Brief Walk After Lunch	3 AA Meeting 7:30	4 Bible Book Club 10:30 Mary Johns Room Food/Transportation
5	6 Diabetes Support Group 12:45 Elder's Bldg	7 Court Church 7:30	8 Drum practice 6:00 p.m., MLRC	9 Brief Walk After Lunch	10 AA Meeting 7:30	11 Bible Book Club 10:30 Mary Johns Room Food/Transportation
12	13	14 Church 7:30	15 Drum practice 6:00 p.m., MLRC	16 Mammogram Day Brief Walk After Lunch	17 AA Meeting 7:30	18 Bible Book Club 10:30 Mary Johns Room Food/Transportation
19	20	21 Church 7:30	22 Drum practice 6:00 p.m., MLRC	23 Brief Walk After Lunch	24 AA Meeting 7:30	25 Merry Christmas
26	27	28 Church 7:30	29 Drum practice 6:00 p.m., MLRC	30	31 AA Meeting 7:30	

Happy 3rd Birthday  
to our "little animal"  
Xzandrea King  
December 15, 2004  
We Love You Very Much,  
Daddy, Momma,  
Kale & Nyla Elizabeth



Happy Belated Birthday Joe Seymour Jr.  
From the Seymour Family





## Where the White Man Went Wrong

Submitted by Debbie Obi -

An old Indian chief sat in his hut on the reservation, smoking a ceremonial pipe and eyeing two U.S. government officials sent to interview him.

"Chief Two Eagles," said one official, "You have observed the white man for 90 years. You've seen his wars and his material wealth. You've seen his progress and the damage he's done."

The chief nodded that is was so! The official continued, "Considering all these events, in your opinion, where did the white man go wrong?"

The chief stared at the government officials for over a minute, then calmly replied, "When the white man found the land, Indians were running it. No taxes. No debt. Plenty of buffalo. Plenty of beaver. Women did all the work. Medicine men were free. The Indian men spent all day hunting and fishing and all night having sex."

Then the old chief leaned back and smiled, "The white man was dumb enough to think he could improve a system like that!"

## Due to Safety Matters

No hunting is allowed within 1,000 yards of the Kennedy Creek Salmon Trail through the month of November. Thank you - Pete Kruger

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**Happy 12th Birthday Koreena Ann**

**Love,  
Mom, Sisters and Brother David Josiah**


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**Happy Birthday Cuz Mike  
From the Capoeman Family**

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**Lachell, Koreena and Clara, I just want to tell you how proud I am of all three of you. You girls did a great job during volleyball season. Keep up the good work. Love Mom. Way to Go!**



**SmartBait™**  
Premium Shellfish Bait  
U.S. & Foreign Patent Pending

- 20" x 28" heavy duty, vacuum sealed bag
- 40 lbs. (18.1 kg) per bag
- Approximately 90 pieces per bag
- 50 Bags per pallet (2,000 lbs.)

- Long Lasting Effectiveness... Attracts up to 10X longer than traditional fish bait.
- Durability... Resistant to sand fleas, seals and other pests that can devour your bait.
- Cost Effective... .5 cents per trap per day (\$US) insures your trap remains baited and continuously fishes 24/7. It's like having fishing insurance.
- Highly attractive... Releases proteins as it breaks down. Proteins are the foundation for attracting and trapping lobsters, crabs and other shellfish.
- Convenience... SmartBait is considered to be the most convenient bait on the market today. Shelf stable for up to one year in the bag. Store it anywhere. No refrigeration or freezer required.
- Easy to use... Pre-cut for quick and simple baiting of most traps and pots.
- Consistent and reliable supply... Available when you need it, regardless of weather, time of year or location.
- Ergonomically Smart... convenient 40-pound bag is easy to lift and carry.
- Environmentally Smart... Recyclable package. Conserve energy... needs no refrigeration.
- Ecologically Smart... Reduces stress and reliance on a dwindling bait fish population, allowing for natural replenishment of the resource for the future.

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# KENNEDY CREEK SALMON TRAIL



*Salmon Day 2004*